



Wilderness Medicine
www.soloschools.com

EQUIPMENT LIST FOR WILDERNESS FIRST AID PARTICIPANTS

You should plan to wear or have with you clothing that will be appropriate to the season and location where you will be taking your course. Weather permitting; we will be spending a significant portion of the class time out-of-doors. If you have questions regarding the usual weather where your course will be held, please contact the sponsor. The following list is to SUPPLEMENT the clothing you will be wearing.

NECESSARY ITEMS

Notebook and pen / pencil

Raingear tops and bottoms

Layers of clothing (so you can take a layer off if you are hot/put one on if you are cold)

Hat - warm, not made of cotton

Mittens or gloves if it will be cold out

Backpack to put everything in

Reusable water bottles (1qt or 1 liter) for drinking water

Footwear for the environment

(Closed-toe shoes for being outdoors- sandals are only acceptable for indoor activity.)

HELPFUL ITEMS TO BRING

Ground cloth or small tarp (6X4 sheet of plastic is fine)

Sleeping pad (eg: ensolite, ridgerest, thermarest)

Bandanas or cravats of any kind

Parachute cord

*The SOLO WFA course can be used to recertify a SOLO WFR.

Please notify the person doing registrations if you have a SOLO WFR and will be using this course to recertify.